2016 PALEO FALL BODY RESET: WEEK 1

MENU

DAY 1
Cinnamon Pear 'Oats'
Chopped Salad
Roast Chicken with Brussels Sprouts

DAY 2
Veggie Scramble
Brussels Sprouts Salad
Lemon Pepper Tilapia & Green Beans with Roasted Butternut Squash

DAY 3
Pumpkin Pie Smoothie
Tuna Salad
Sausage Stuffed Peppers

DAY 4
Cinnamon Pear 'Oats'
Sausage Stuffed Peppers
Mediterranean Chicken

DAY 5
Pumpkin Pie Smoothie
Roasted Chicken & Vegetables
Curry Sausage over Cauliflower Steaks

DAY 6
Cinnamon Pear 'Oats'
Curry Sausage over Cauliflower Steaks
Brussels Sprout Salad

DAY 7
Veggie Frittata
Butternut Paleo Hummus
Chicken Fredo

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PREP GUIDE

FOR THE WEEK

- 6 lemons, zested & juiced (1¼ cups lemon juice, 2½ Tablespoons lemon zest)
- Make cashew cheese * *see recipe below*
- 8 eggs, hard boiled
- 8 cauliflower steaks * *see recipe below*

Day 1

- 2 oranges, sliced
- 4 carrots, shredded (1⅓ cups)
- 2 bell peppers, diced (2 cups)
- 1 bunch kale, chopped (4 cups)
- 1¼ pounds mushrooms, chopped (7½-8 cups)
- 2 pounds Brussels sprouts, trimmed and halved

Day 2

- 2 oranges, sliced
- 1 yellow onion, diced (1 cup)
- 2 bell peppers, diced (2 cups)
- 1 zucchini, diced (2 cups)
- 4 ounces mushrooms, sliced (1½ cups)
- 1 bunch kale, chopped (4 cups)
- 1 pound green beans, trimmed
- 4 large butternut squash, peeled, seeded, diced (about 16 cups)

Day 3

- Marinate vegetables for tuna salad for 2 hours
- ¼ yellow onion, sliced thin
- 1 yellow onion, diced small (1 cup)
- ½ pound green beans, trimmed and cut into 1" pieces
- 2 bell peppers, diced (2 cups)
- 8 bell peppers, halved and seeded
- 12 ounces mushrooms, chopped (4½ cups)
- 8 carrots, shredded (2⅔ cups)

Day 4

- 2 zucchini, diced (4 cups)
- 2 bell peppers, diced (2 cups)
- 4 carrots, diced (2 cups)
- 8 ounces mushrooms, diced (3 cups)
- 1 bunch kale, chopped (4 cups)

Day 5

- 1 yellow onion, diced (1 cup)
- 1 zucchini, diced (2 cups)

Day 6

- 2 oranges, sliced
- 1 pound Brussels sprouts, trimmed and shaved thin
- 1 bell pepper, chopped (1 cup)
- ¼ yellow onion, sliced very thin

Day 7

- 1 yellow onion, diced (1 cup)
- ¾ yellow onion, chopped (¾ cup)
- 1 bell pepper, diced (1 cup)
- 1 bell pepper, sliced
- 4 zucchini, spiraled
- 1 zucchini, diced (2 cups)
- 12 ounces mushrooms, sliced (4½ cups)
- 6 ounces green beans, blanched * *see prep guide for directions*
- 1 bunch kale, chopped (4 cups)

Cauliflower Steaks

2 heads cauliflower
2 Tablespoons olive oil
½ teaspoon organic sea salt
½ teaspoon black pepper

1. Heat oven to 400°F
2. Cut ends off cauliflower and slice entire head into planks to 'steaks' approximately 1 inch thick.
3. Drizzle olive oil over cauliflower and season with salt and pepper.
4. Roast for 30 minutes.

Cashew Cream Cheese (makes 1½ cups)

1½ cups raw cashews, chopped in half if whole cashews
3 Tablespoons lemon juice
1 teaspoon lemon zest
3-6 Tablespoons water, plus water to soak the cashews
½ teaspoon kosher salt
¼ teaspoon black pepper

Soak cashews in water in the refrigerator overnight, or up to 24 hours. In the morning drain and rinse the cashews and add to a blender/ food processor with the lemon juice and 3 Tablespoons fresh water, blend until smooth as possible adding up too another 3 Tablespoons of water if necessary to achieve smooth consistency. Add salt and pepper and refrigerate until needed.

Blanched Green Beans

Bring a saucepan of water to a boil and add green beans. Let boil 1-2 minutes, remove, and put immediately into ice water. Drain well and refrigerate until needed.

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2016 FALL BODY RESET
Week 1

Meat/Seafood	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
chicken breasts	9 pounds	4-1/2 pounds	2-1/4 lbs	36	*boneless, skinless*
tilapia	2 pounds	1 pound	1/2 pound	20	
italian sausage	3 pounds	1-1/2 pounds	3/4 pound	15	
canned tuna (in water)	3 (5 oz) cans	2 (5 oz) cans	1 (5 oz) can	9	

Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
pears	8	4	2	4	
carrots	16	8	4	3	
bell peppers	19	10	5	19	
kale	4 bunches	2 bunches	1 bunch	8	
brown mushrooms	3-1/2 lbs	1-3/4 lbs	1 pound	21	
lemons	8	4	2	4	
basil	1 bunch	1 bunch	1 bunch	1.5	
oranges	7	4	2	3.5	
Brussels sprouts	3 pounds	1-1/2 pounds	3/4 pound	6	
yellow onion	6	3	2	6	
zucchini	9	5	3	9	
green beans	2 pounds	1 pound	1/2 pound	4	
butternut squash	4 large	2 large	1 large	10	
bananas	3	2	1	1.5	
cauliflower	2 heads	1 head	1 head	4	
avocado	3	2	1	3	

Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
cinnamon	3-1/4 teaspoons	2 teaspoons	1 teapsoon	0.5	
vanilla	5 teaspoons	2-1/2 tsp	1-1/4 tsp	1	
medjool dates	6	3	2	1.5	
crushed tomatoes	4 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	6	
curry	1-1/2 teaspoons	3/4 tsp	1/4 tsp	0.5	
soy milk	32 fl oz	16 fl oz	8 fl oz	5	
flax seeds	3 teaspoons	1-1/2 tsp	3/4 tsp	2	
cashew butter	3/4 cup	6 Tblspns	3 Tblspns	3	

PANTRY INGREDIENTS					
Olive Oil	2 cups	1 cup	1/2 cup		
white vinegar	3 Tablespoons	1-1/2 Tblspns	1 Tablespoon		
almond milk	18 fl oz	9 fl oz	4-1/2 fl oz		
Dijon mustard	3 teaspoons	1-1/2 tsp	3/4 tsp		
Garlic cloves	10 cloves	5 cloves	3 cloves		
Herbes de Provence	2-1/2 teaspoons	1-1/4 tsp	3/4 tsp		
eggs	42	21	11		
cumin	1/4 teaspoon	pinch	pinch		
cayenne					
paprika	1/4 teaspoon	pinch	pinch		
chicken broth	1 cup	1/2 cup	1/4 cup		
almond meal	1-1/2 cups	3/4 cup	1/3 cup		
tomato paste					
oregano					
kosher salt	6-3/4 tsp	3-1/2 tsp	1-3/4 tsp		
black pepper	5 teaspoons	2-1/2 tsp	1-1/4 tsp		
nuts: cashews	4 cups	2 cups	1 cup		
nuts: almonds	1/2 cup	1/4 cup	2 Tblpsn		
almond flour	1/2 cup	1/4 cup	2 Tblpsn		

2016 PALEO FALL BODY RESET: WEEK 1

■ DAY 1 ■

BREAKFAST: Cinnamon Pear 'Oats'

½ banana, mashed
4 eggs
¾ cup almond milk
½ cup almond meal
1 teaspoon ground flax seeds
2 pears, chopped
¾ teaspoon cinnamon
1 teaspoon vanilla, optional
¼ cup cashews, chopped

Combine banana, eggs, and almond milk in a saucepan. Whisk in the almond meal and ground flax seeds. Continuously stir over medium heat for 2-5 minutes until mixture thickens and starts to bubble. Stir in pears, cinnamon, and vanilla. Top with cashews to serve.

340 kcal, 14g Protein, 25g Carb, 95mg Sodium, 6 g Fiber, 195mg Cholesterol, 19 g Fat, 2.5g Saturated, 13 g Sugar, 10% Calcium, 10% Iron

■ DAY 1 ■

LUNCH: Chopped Salad

For salad
4 carrots, shredded (1⅓ cups)
2 bell peppers, diced (2 cups)
1 bunch kale, chopped (4 cups)
4 ounces mushrooms, chopped (1½ cups)
8 hardboiled eggs, chopped

For dressing
½ cup cashew cheese * *see prep guide for recipe*
6 Tablespoons lemon juice
2 cloves garlic, minced
Dash of organic sea salt
Dash of black pepper
¼ cup chopped basil

2 oranges, sliced

In a small bowl combine dressing ingredients. In a serving bowl combine salad ingredients, add dressing, and toss to combine. Serve with orange slices.

390 kcal, 22g Protein, 35g Carb, 390mg Sodium, 8g Fiber, 390mg Cholesterol, 17g Fat, 3.5g Saturated, 10g Sugar, 15% Calcium, 15% Iron

2016 PALEO FALL BODY RESET: WEEK 1

■ DAY 1 ■

DINNER: Roast Chicken with Brussels Sprouts

2 pounds Brussels sprouts, trimmed and halved
1 pound mushrooms, chopped or sliced (6 cups)
6 boneless, skinless chicken breasts (3 pounds)
2 teaspoons Dijon mustard
½ teaspoon Herbes de Provence
½ teaspoon organic sea salt
½ teaspoon black pepper
2 Tablespoons olive oil

2 avocadoes, sliced

1. Heat oven to 375°F. Place Brussels sprouts and mushrooms on a baking sheet.
2. Brush chicken with mustard and place on top of vegetables.
3. Sprinkle Herbes, salt, pepper, and olive oil over chicken and vegetables. Bake for about 30 minutes, until chicken is cooked through.
4. **Save half of the vegetables and 1 pound of chicken for Lunch Day #2**.
5. Serve remaining chicken and vegetables with sliced avocado.

370 kcal, 55g Protein, 11g Carb, 310mg Sodium, 4 g Fiber, 165mg Cholesterol, 10g Fat, 2g Saturated, 4 g Sugar, 4% Calcium, 2% Iron

2016 PALEO FALL BODY RESET: WEEK 1

■ DAY 2 ■

BREAKFAST: Veggie Scramble

2 Tablespoon olive oil
1 yellow onion, diced (1 cup)
2 bell peppers, diced (2 cups)
1 zucchini, diced (2 cups)
4 ounces mushrooms, sliced (1½ cups)
10 eggs, beaten
2 Tablespoons chopped basil
2 oranges, sliced

1. Heat a medium non-stick skillet over medium heat and add oil.
2. When oil is hot add onion, bell peppers, zucchini, and mushrooms; cook for 3-5 minutes.
3. Add eggs and stir around until just cooked; garnish with basil before serving.
4. Serve with orange slices.

360 kcal, 19g Protein, 23g Carb, 180mg Sodium, 5 g Fiber, 490mg Cholesterol, 19g Fat, 4g Saturated, 15 g Sugar, 8% Calcium, 6% Iron

■ DAY 2 ■

LUNCH: Brussels Sprouts Salad

1½ pounds cooked Brussels sprouts and mushrooms* ***from Dinner Day #1***
1 pound cooked chicken, diced * ***from Dinner Day #1***
1 bunch kale, chopped (4 cups)
3 Tablespoons lemon juice
2 pears, diced
1 Tablespoon olive oil

Toss all ingredients together.

340 kcal, 31g Protein, 31g Carb, 220mg Sodium, 10g Fiber, 80mg Cholesterol, 11g Fat, 1.5g Saturated, 14 g Sugar, 15% Calcium, 10% Iron

2016 PALEO FALL BODY RESET: WEEK 1

■ DAY 2 ■

DINNER: Lemon Pepper Tilapia & Green Beans with Roasted Butternut Squash

For lemon pepper tilapia & green beans
1 pound green beans, trimmed
2 pounds tilapia fillets
¼ teaspoon organic sea salt
¼ teaspoon black pepper
3 Tablespoons olive oil
2 lemons, sliced in rounds

For roasted butternut squash
4 large butternut squash, peeled, seeded, diced (about 16 cups)
3 Tablespoons olive oil
1 teaspoon organic sea salt
½ teaspoon black pepper

1. Heat oven to 375°F.
2. For roasted butternut squash, toss squash with oil, salt, and pepper and roast for about 25 minutes.
3. **Save ⅔ (about 12 cups) for Breakfast Days #3 & 5, Dinner Day #5 & Lunch Day #7**.

Meanwhile

4. For tilapia and green beans, put green beans on a baking sheet then lay fish fillets on top. Season with salt and pepper, drizzle with olive oil, and then lay lemon slices on fish. Bake for about 10 minutes. Serve with squash.

370 kcal, 47g Protein, 14g Carb, 310mg Sodium, 6 g Fiber, 115mg Cholesterol, 15g Fat, 3g Saturated, 5 g Sugar, 10% Calcium, 10% Iron

■ DAY 3 ■

BREAKFAST: Pumpkin Pie Smoothie

¾ cup raw cashews
2 cups roasted butternut squash * *from Dinner Day #2*
½ banana
3 medjool dates, pitted
2 cups soy milk
½ -1 cup water
½ teaspoon cinnamon
1 teaspoon vanilla, optional
2 cups ice

In a blender or food processor, blend cashews to powder and then add remaining ingredients. Adjust water for consistency.

360 kcal, 12g Protein, 33g Carb, 150mg Sodium, 5 g Fiber, 0mg Cholesterol, 22g Fat, 5g Saturated, 12 g Sugar, 20% Calcium, 20% Iron

■ DAY 3 ■

LUNCH: Tuna Salad

½ pound green beans, trimmed and cut into 1" pieces
2 bell peppers, diced (2 cups)
4 ounces mushrooms, chopped (1½ cups)
¼ yellow onion, sliced thin
4 carrots, shredded (1⅓ cups)
3 Tablespoons wine vinegar
2 Tablespoons olive oil
¼ teaspoon organic sea salt
dash of black pepper
½ teaspoon Herbes de Provence

3 (5 ounce) cans white tuna in water
1 avocado

Combine first 10 ingredients (green beans through Herbes) and let marinate in refrigerator for at least 2 hours. Drain tuna and mash together with avocado. Toss with marinated vegetables immediately before serving.

360 kcal, 34g Protein, 18g Carb, 250mg Sodium, 8g Fiber, 55mg Cholesterol, 18g Fat, 3g Saturated, 7 g Sugar, 8% Calcium, 15% Iron

■ DAY 3 ■

DINNER: Sausage Stuffed Peppers

2 Tablespoons olive oil
1 yellow onion, diced small (1 cup)
2 cloves garlic, minced
8 ounces mushrooms, chopped (3 cups)
4 carrots, shredded (1⅓ cups)
1½ pounds Italian sausage (bulk or links removed from casings)
½ cup almond flour
2 eggs, beaten
½ teaspoon organic sea salt
½ teaspoon black pepper
8 bell peppers, halved and seeded
3 (15 ounce) cans crushed tomatoes
½ cup chopped basil

1. Heat oven to 400°F.
2. Heat a large skillet over medium heat and add oil, onions, and garlic; sauté for 2 minutes.
3. Add mushrooms and carrots and cook for another 3-4 minutes. Remove from heat and let cool 5-10 minutes.
4. While mixture cools, put sausage in a large bowl and add almond flour, eggs, salt, and pepper. Add cooled veggies to sausage mixture and stir to combine.
5. Place bell pepper halves in a large baking dish. Fill each pepper half with sausage mixture and top with tomatoes and basil. Cover with foil and cook about 25-30 minutes. **Save half for Lunch Day #4.**

420 kcal, 19g Protein, 28g Carb, 500mg Sodium, 9 g Fiber, 95mg Cholesterol, 27g Fat, 8g Saturated, 14 g Sugar, 10% Calcium, 20% Iron

■ DAY 4 ■

BREAKFAST: Cinnamon Pear 'Oats'

½ banana, mashed
4 eggs
¾ cup almond milk
½ cup almond meal
1 teaspoon ground flax seeds
2 pears, chopped
¾ teaspoon cinnamon
1 teaspoon vanilla, optional
¼ cup cashews, chopped

Combine banana, eggs, and almond milk in a saucepan. Whisk in the almond meal and ground flax seeds. Continuously stir over medium heat for 2-5 minutes until mixture thickens and starts to bubble. Stir in pears, cinnamon, and vanilla. Top with cashews to serve.

340 kcal, 14g Protein, 25g Carb, 95mg Sodium, 6 g Fiber, 195mg Cholesterol, 19 g Fat, 2.5g Saturated, 13 g Sugar, 10% Calcium, 10% Iron

■ DAY 4 ■

LUNCH: Sausage Stuffed Peppers

8 sausage stuffed pepper halves, warmed * *from Dinner Day #3*

420 kcal, 19g Protein, 28g Carb, 500mg Sodium, 9 g Fiber, 95mg Cholesterol, 27g Fat, 8g Saturated, 14 g Sugar, 10% Calcium, 20% Iron

2016 PALEO FALL BODY RESET: WEEK 1

■ DAY 4 ■

DINNER: Mediterranean Chicken

2 zucchini, diced (4 cups)
2 bell peppers, diced (2 cups)
4 carrots, diced (2 cups)
8 ounces mushrooms, diced (3 cups)
1 bunch kale, chopped (4 cups)
2 Tablespoons olive oil
½ teaspoon organic sea salt
½ teaspoon black pepper
1½ teaspoons Herbes de Provence

5 pounds boneless skinless chicken breasts
4 Tablespoon olive oil
1 teaspoon organic sea salt
1 teaspoon black pepper

1. Heat oven to 375°F. Toss vegetables with oil, salt, pepper, and Herbes. Place on a baking sheet.
2. Brush chicken with oil and season with salt, pepper; place on top of vegetables. Bake for about 30 minutes, until chicken is cooked through. **Save half of the vegetables for Lunch Day #5. Save 1½ pounds chicken for Lunch Day #5 and 1½ pounds for Dinner Day #6.**
3. Serve remaining chicken and vegetables for dinner.

400 kcal, 53g Protein, 12g Carb, 510mg Sodium, 4g Fiber, 160mg Cholesterol, 15g Fat, 2.5g Saturated, 6g Sugar, 10% Calcium, 10% Iron

■ DAY 5 ■

BREAKFAST: Pumpkin Pie Smoothie

¾ cup raw cashews
2 cups roasted butternut squash * *from Dinner Day #2*
½ banana
3 medjool dates, pitted
2 cups soy milk
½ -1 cup water
½ teaspoon cinnamon
1 teaspoon vanilla, optional
2 cups ice

In a blender or food processor, blend cashews to powder and then add remaining ingredients. Adjust water for consistency.

360 kcal, 12g Protein, 33g Carb, 150mg Sodium, 5 g Fiber, 0mg Cholesterol, 22g Fat, 5g Saturated, 12 g Sugar, 20% Calcium, 20% Iron

■ DAY 5 ■

LUNCH: Roasted Chicken & Vegetables

1½ pounds chicken & vegetables, warmed * ***from Dinner Day #4***
½ cup raw almonds

Warm chicken and vegetables and serve with almonds.

400 kcal, 44g Protein, 15g Carb, 430mg Sodium, 5g Fiber, 120mg Cholesterol, 19g Fat, 2.5g Saturated, 6g Sugar, 15% Calcium, 15% Iron

■ DAY 5 ■

DINNER: Curry Sausage over Cauliflower Steaks

1 Tablespoon olive oil
1½ pounds sausage (bulk or links removed from casings)
1 yellow onion, diced (1 cup)
2 cloves garlic, minced
1 zucchini, diced (2 cups)
1½ teaspoons curry
¼ teaspoon paprika
½ teaspoon organic sea salt
¼ teaspoon black pepper
6 cups roasted butternut squash **from Dinner Day #2*
1 Tablespoon lemon zest
½ cup low-sodium chicken broth

Cauliflower steaks **see prep guide*

1. Add olive oil to a large stockpot over medium heat.
2. When oil is hot, add sausage, onion, and garlic. Cook for 3-5 minutes breaking up sausage into large, bite sized pieces. Add zucchini, curry powder, paprika, salt, and pepper. Cook for 3 minutes.
3. Add in squash, lemon zest, and broth. Serve over warmed cauliflower steak. **Save half the curry and cauliflower for Lunch Day #6.**

430 kcal, 17g Protein, 18g Carb, 1020mg Sodium, 6g Fiber, 65mg Cholesterol, 34g Fat, 11g Saturated, 6g Sugar, 10% Calcium, 15% Iron

■ DAY 6 ■

BREAKFAST: Cinnamon Pear 'Oats'

½ banana, mashed
4 eggs
¾ cup almond milk
½ cup almond meal
1 teaspoon ground flax seeds
2 pears, chopped
¾ teaspoon cinnamon
1 teaspoon vanilla, optional
¼ cup cashews, chopped

Combine banana, eggs, and almond milk in a saucepan. Whisk in the almond meal and ground flax seeds. Continuously stir over medium heat for 2-5 minutes until mixture thickens and starts to bubble. Stir in pears, cinnamon, and vanilla. Top with cashews to serve.

340 kcal, 14g Protein, 25g Carb, 95mg Sodium, 6 g Fiber, 195mg Cholesterol, 19 g Fat, 2.5g Saturated, 13 g Sugar, 10% Calcium, 10% Iron

■ DAY 6 ■

LUNCH: Curry Sausage over Cauliflower Steaks

Curry Sausage over Cauliflower Steaks, warmed * *from Dinner Day #5*

430 kcal, 17g Protein, 18g Carb, 1020mg Sodium, 6g Fiber, 65mg Cholesterol, 34g Fat, 11g Saturated, 6g Sugar, 10% Calcium, 15% Iron

■ DAY 6 ■

DINNER: Brussels Sprout Salad

For salad
1½ pounds cooked chicken breasts, shredded * *from Dinner Day #4*
1 pound Brussels sprouts, trimmed and shaved thin
1 bell pepper, chopped (1 cup)
¼ yellow onion, sliced very thin
¼ cup chopped cashews

For dressing
1 teaspoon Dijon mustard
3 Tablespoons lemon juice
1 Tablespoon lemon zest
Dash of organic sea salt
Dash of black pepper

2 oranges, sliced

In a small bowl, combine dressing ingredients. In a serving bowl combine salad ingredients, add dressing, and toss to combine. Serve orange slices on the side.

390 kcal, 43g Protein, 25g Carb, 310mg Sodium, 7g Fiber, 120mg Cholesterol, 13g Fat, 2g Saturated, 13g Sugar, 8% Calcium, 8% Iron

■ DAY 7 ■

BREAKFAST: Veggie Frittata

3 Tablespoon olive oil, divided
1 yellow onion, diced (1 cup)
1 bell pepper, diced (1 cup)
1 zucchini, diced (2 cups)
4 ounces mushrooms, sliced (1½ cups)
10 eggs, beaten
2 Tablespoons chopped basil

1. Heat oven to 350°F.
2. Heat a medium non-stick oven proof skillet over medium heat and add 2 Tablespoons oil.
3. When oil is hot, add onion, bell peppers, zucchini, mushrooms; cook for 3-5 minutes.
4. Add the remaining olive oil. Add eggs to pan with vegetables. Cook 2 minutes then place in the oven to finish cooking - about 5-7 minutes. Garnish with basil before serving

320 kcal, 18g Protein, 7g Carb, 170mg Sodium, 2g Fiber, 490mg Cholesterol, 22g Fat, 4.5g Saturated, 4 g Sugar, 2% Calcium, 2% Iron

■ DAY 7 ■

LUNCH: Butternut Paleo Hummus

Hummus
2 cups roasted butternut squash * *from Dinner Day #2*
¾ cup cashew butter
3 Tablespoons lemon juice
2 Tablespoons olive oil
½ teaspoon organic sea salt
¼ teaspoon cumin
2 cloves garlic, minced
dash of black pepper

Dippers & Fruit
1 bell pepper, sliced
6 ounces green beans, blanched * *see prep guide for directions*
1 orange, sliced

Combine hummus ingredients in food processor until smooth. Serve with dippers and fruit.

400 kcal, 9g Protein, 28g Carb, 340mg Sodium, 5g Fiber, 0mg Cholesterol, 49g Fat, 6g Saturated, 7 g Sugar, 6% Calcium, 4% Iron

2016 PALEO FALL BODY RESET: WEEK 1

■ DAY 7 ■

DINNER: Chicken Fredo

1 Tablespoons olive oil
1 pound chicken breasts, diced small
¾ yellow onion, chopped (¾ cup)
2 cloves garlic, minced
1 bunch kale, chopped (4 cups)
8 ounces mushrooms, sliced (3 cups)
½ teaspoon organic sea salt
¼ teaspoon black pepper
1 (15 ounce) can crushed tomatoes
¾ cup cashew cheese * *see prep guide for recipe*
¼-½ cup low-sodium chicken broth
4 zucchini, spiraled

1. Heat a large Dutch oven-type pot over medium heat and add olive oil.
2. When oil is hot, add chicken, onions, and garlic and cook for 2-3 minutes.
3. Add kale, mushrooms, salt, and pepper and cook another 2-3 minutes.
4. Add tomatoes, cheese, and broth and stir until thoroughly combined.
5. Add zucchini noodles and cook for 1-2 minutes until heated through.

420 kcal, 36g Protein, 31g Carb, 710mg Sodium, 7g Fiber, 85mg Cholesterol, 19g Fat, 3.5g Saturated, 12 g Sugar, 20% Calcium, 30% Iron